

## Using Commodities in Iowa for HUSC



## HealthierUS School Challenge: Recognizing Nutrition Excellence in Schools

**Gold Award**

*Cooked dry beans or peas offered each week*

*At least one serving of whole grain each day*

*Dark green or orange vegetables offered three or more days per week.*

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**Bronze Award**  
*Same as Silver Award*

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## Cooked dry beans/peas

- ☐ Pinto
- ☐ Refried beans
- ☐ Kidney
- ☐ Vegetarian



## Whole Grains

- ☐ WG pancakes
  - ☐ WG tortillas
  - ☐ Whole wheat flour
  - ☐ Oats
  - ☐ Brown rice
  - ☐ WG Macaroni, Rotini, and Spaghetti
  - ☐ WG French Toast
  - ☐ WG French Toast Sticks
  - ☐ WG Grilled Cheese Sandwiches
  - ☐ WG Chicken nuggets and patties
  - ☐ Mozzarella Cheese Sticks made with whole wheat flour
  - ☐ Uncrustables made with whole wheat flour
  - ☐ WG Turkey, Ham and Cheese Melt
  - ☐ WG Cold Cut Combo
- 
- A close-up photograph of several golden-brown French toast sticks, stacked and slightly overlapping, showing a soft, porous texture.



## Dark green or orange vegetables

- ☐ Carrots
- ☐ Sweet potatoes

